

Self-Reported Obesity Among U.S. Adults in 2011

Definitions

- ❑ **Obesity: Body Mass Index (BMI) of 30 or higher.**
- ❑ **Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, calculated using the adult's weight in kilograms divided by the square of his or her height in meters.**

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Source of the Data

- ❑ The data were collected through the Behavioral Risk Factor Surveillance System (BRFSS), an ongoing, state-based, telephone interview survey conducted by CDC and state health departments. Height and weight data are self-reported.
- ❑ Prevalence estimates used for the map are the same as those generated for the states by BRFSS.

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BRFSS Methodology Changes Starting in 2011

- ❑ Use of a new sampling frame that includes both landline and cell phone households
- ❑ Use of a weighting process called raking (iterative proportional fitting)

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Exclusion Criteria Used in 2011

Records with the following are excluded:

- ❑ Height: <3 feet or ≥ 8 feet
- ❑ Weight: <50 pounds or ≥ 650 pounds
- ❑ BMI: <12 kg/m² or ≥ 100 kg/m²
- ❑ Pregnant women

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- ❑ No state had a prevalence of obesity less than 20%.
- ❑ Eleven states and the District of Columbia had a prevalence between 20–<25%.
- ❑ Twelve states (Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas, and West Virginia) had a prevalence equal to or greater than 30%.

Prevalence of Self-Reported Obesity Among U.S. Adults

BRFSS, 2011

State	Prevalence	Confidence Interval
Alabama	32.0	(30.5, 33.5)
Alaska	27.4	(25.3, 29.7)
Arizona	24.7	(22.7, 26.9)
Arkansas	30.9	(28.8, 33.1)
California	23.8	(22.9, 24.7)
Colorado	20.7	(19.7, 21.8)
Connecticut	24.5	(23.0, 26.0)
Delaware	28.8	(26.9, 30.7)
District of Columbia	23.7	(21.9, 25.7)
Florida	26.6	(25.4, 27.9)
Georgia	28.0	(26.6, 29.4)
Hawaii	21.8	(20.4, 23.4)
Idaho	27.0	(25.3, 28.9)
Illinois	27.1	(25.4, 28.9)
Indiana	30.8	(29.5, 32.3)
Iowa	29.0	(27.6, 30.3)
Kansas	29.6	(28.7, 30.4)
Kentucky	30.4	(28.9, 31.9)
Louisiana	33.4	(32.0, 34.9)
Maine	27.8	(26.8, 28.9)
Maryland	28.3	(26.9, 29.7)
Massachusetts	22.7	(21.8, 23.7)
Michigan	31.3	(30.0, 32.6)
Minnesota	25.7	(24.6, 26.8)
Mississippi	34.9	(33.5, 36.3)

State	Prevalence	Confidence Interval
Missouri	30.3	(28.6, 32.0)
Montana	24.6	(23.3, 26.0)
Nebraska	28.4	(27.6, 29.2)
Nevada	24.5	(22.5, 26.6)
New Hampshire	26.2	(24.7, 27.7)
New Jersey	23.7	(22.7, 24.8)
New Mexico	26.3	(25.1, 27.6)
New York	24.5	(23.2, 25.9)
North Carolina	29.1	(27.7, 30.6)
North Dakota	27.8	(26.3, 29.4)
Ohio	29.6	(28.3, 31.0)
Oklahoma	31.1	(29.7, 32.5)
Oregon	26.7	(25.2, 28.3)
Pennsylvania	28.6	(27.3, 29.8)
Rhode Island	25.4	(23.9, 27.0)
South Carolina	30.8	(29.6, 32.1)
South Dakota	28.1	(26.3, 30.1)
Tennessee	29.2	(26.8, 31.7)
Texas	30.4	(29.1, 31.8)
Utah	24.4	(23.4, 25.5)
Vermont	25.4	(24.1, 26.8)
Virginia	29.2	(27.5, 30.9)
Washington	26.5	(25.3, 27.7)
West Virginia	32.4	(30.9, 34.0)
Wisconsin	27.7	(25.8, 29.7)
Wyoming	25.0	(23.5, 26.6)

Source: Behavioral Risk Factor Surveillance System, CDC.

Prevalence reflects BRFSS methodological changes in 2011, and these estimates should not be compared to previous years.